The Lions' Pride

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A Saint Leo Angel has Gone to Heaven

By Winnie Jean-Enard
Contributing Writer

Angelic Findley, age 18, freshmen at Saint Leo University died in Tampa on Sunday 16 following an epilepsy attack.

She was born on April 13, 1994 in Los Angeles, California. She attended Brooks DeBartolo Collegiate High School, majoring in Biology and wanted to become a neurological surgeon.

In the brief period of the new semester Findley had a good reputation; her friends admired her for a positive attitude toward life. Even those who were not friends with Findley knew she was an amazing girl. She was a positive and joyful person.

"She was kind and happy. She always saw the better in people. She tried to avoid anger and confrontation as much as she could" said her close friend, freshmen Dwayne Harris.

She enjoyed poetry and music. She played piano and got nominated most talented of her high school for the academic year 2011-2012. She also won a poetry jam and was in the process of becoming a writer for the Lions Pride.

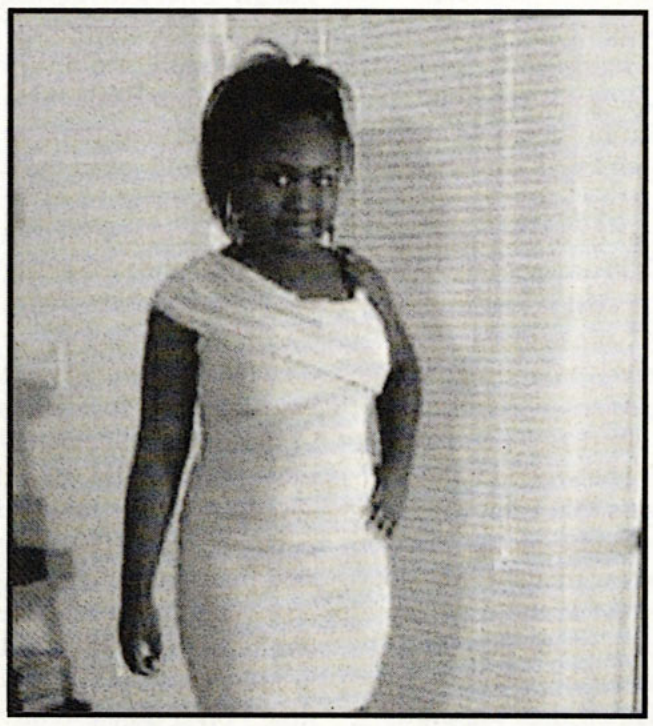
"At school she would get the assignment done earlier and start to write", said freshman Vintoria Hopps.

Each and everyone had an awesome moment with her. "I remember meeting her for the first time in the restroom of our high school while was rapping", continued freshman Vintoria Hopps

All of us; friends, classmates, family, will always miss her.

"I met her recently, but I got attached to her quickly. Her laugh was the cutest laugh ever. She going to be always a part of my life", said freshmen Jessica Lopez.

As the Bible says in Ecclesiastes 3, "there is a time for everything, a season for every activity under the heavens: a time to born and time to die". We pray that her soul rest in peace. She is gone but she will never be forgotten.



The students of Saint Leo mourn for their fellow Lion, Angelic Findley, who passed away at the age of eighteen.

Her poems reflect how articulate and eloquent she was. They reveal her artistic personality:

"There's no competition, but yet I always win
The feeling's unexplainable but yet comes from inside
While the peaceful noise is caused by each hand
This is part of my life and this is where I stand
The love of music
Is the love of my life."

A Discussion about Living with Epilepsy

By Tara McLoughlin
Co-Editor in Chief

With the recent death of a student, many are curious to know about this condition known as epilepsy. What is epilepsy? How do we know how to help those who have it? Senior, Kathleen Weldon, sat down with the Lion's Pride to answer these questions and to open up about her own personal experience with the condition.

Kathleen explains that epilepsy is a brain condition that causes you to have seizures when the electrical activity in your brain cannot connect. But she clarified that there were many types of epilepsy. She has Juvenile Myoclonic Epilepsy. When asked what the difference is between this type of epilepsy and others, she replied by saying, that it is a fancy term for saying that she got it when she was younger.

"The only time I can have seizures is when I wake up in the morning because my brain is the most vulnerable. My doctor said this is the best kind because all you have to do is take medication and get enough sleep," says Weldon.

Weldon was diagnosed with Juvenile Myoclonic Epilepsy her freshman year of high school. She had been taking a shower when the first attack occurred.

"It was kind of scary because I was taking a shower and then I woke up and my dad said he was taking me to the hospital," she said.

When she had her second seizure, she was officially diagnosed as an epileptic. This is because when a person has two or more seizures they are automatically considered an epileptic. When Weldon was asked about how she had to adjust her life after being diagnosed, she was very open about it. She explained that she has a nightly routine that she must stick to.

"I have to take my pills and then go to sleep by eleven. If I go to sleep after eleven, it is too late," she says.

But Kathleen also had to adjust her lifestyle in other ways. Especially because there are certain triggers that can cause seizures.

"There are a lot of triggers. For example, if you do not get enough sleep, if you drink, and if your body is stressed in some way," she said.

Kathleen explains that she must also be very careful with lights. This is because lights can also be another trigger.

"I remember when I went to see Twilight for the first time, there was a tiny sign at the box office that said there were lights that triggered seizures. So I have to be careful during certain movies because of the lights," she says.

Lighting may seem so miniscule to other people, however, to Kathleen it is very important. She must be aware of the lighting in all places.

"My friends have to go to new clubs before me. And when I go to Halloween Horror nights I have to keep my head down during some of the haunted houses," says Weldon.

Although this may seem a major life adjustment for most, it was not for Kathleen. This isn't to say that it doesn't affect her;

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however, she chooses not to let it affect her entire life.

When asked if she was nervous about going to an out of state college with this condition, she said she was not worried.

"I thought I would be fine because I had it since freshman year of college. It was four years. And my senior year of high school I had gone two years without getting a seizure. So I thought I could do it in college. It is pretty easy to deal with because it is just in the morning," she said.

However, Weldon's mother had serious reservations about sending her daughter to live on her own. She worried about the dangers that came along with the condition. But Weldon made it clear that she was not as concerned at the time. She never had a problem telling people about her condition. She explained that she didn't care. She had spent most of her high school years preparing her high school friends to deal with the condition.

"I go to a special doctor in Rochester and I would see magazines that would say "I'm scared to tell my friends." But I thought that was weird," she said.

She had mixed responses from students on campus when she first told them about her epilepsy. But says there were only two instances in which people were very taken back by the condition. When asked about how her roommate reacted to her condition, she said she understood completely. This helped her to feel more secure living away from home because she knew that her roommate would be there for her.

"If I had a roommate that was not okay with it I probably would have felt really uncomfortable," she said.

When asked what she did to prepare her roommate she explained that she told her exactly what she needed to do in case of an emergency.

"Basically, I told them to put me on my side because if you are on your back your tongue could go to the back of your throat and block your air passage. And if you are on your right side your diaphragm can block your air passage, she said.

Her roommates were also instructed not to put anything in her mouth. She stated that most people think that they should put their fingers in the person's mouth. However, she said this is never a good idea.

"When I've had seizures, I've bitten the inside of my mouth. You can bite someone's finger off if they put anything in your mouth," she said.

Weldon also specifically asked that her roommates move objects away from her, because she has been known to have accidents. In one instance she fell into a mirror and cut her chin open. She had to get stitches as a result. She still has the scar.

"One time I fell in the shower and I turned the water all the way up to hot and I got a third degree burn," she said.

Kathleen has had eleven seizures all together, and six of them have occurred on this campus. This preparation has helped her and her roommates in many cases. She speaks specifically about a time in which she had a seizure and her roommate had to press the blue emergency button for help. She woke up inside an ambulance.

Photos by Tara McLoughlin

Kathleen shows a tattoo on the inside of her wrist that signifies the epilepsy condition that has become a large part of her life.

But Weldon is not always with her roommates. It is not possible for them to always be at her side. This is why she made the choice to get an ink tattoo to serve the place of the medical alert bracelet. She found this to be an easier way to notify people of her condition.

"A lot of people don't really see it. I like that it is on the inside of my wrist because when people take my pulse they usually see it. And know that I am an epileptic," she said.

When asked why she chose to get an ink tattoo instead of the bracelet she stated that she used to have a necklace for a while but she kept forgetting to put it on.

"I saw a girl with a diabetic tattoo and I thought that was such a good idea. I got it freshman year without my parent's permission. It actually worked too," she said.

Weldon's states that there is no cure for the epilepsy she has. But she does say that there are cures out there.

"I know there are some things you can do. You can get this surgery where you disconnect the left part of your brain from the right side. And sometimes if you take your medicine enough it stops. But it hasn't happened to me," she says.

Kathleen decided to share her story after she heard about the passing of Angelic Findley. The tragic death of Angelic Findley affected a lot of people. But it especially affected Kathleen because she understands how the condition works. And although Kathleen did not know Findley, she still has an emotional reaction to her death.

"I know that every time I have a seizure I get hurt so it is kind of scary to know that something serious could happen. It makes me think that I need to definitely take my pills and get enough sleep. It is also important to keep my stress down even though I am a senior and have a lot of commitments," she said.

THE LIONS' PRIDE

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Opinions

Plagiarism and Academic Integrity: Critical Introspections

By Daniel Kofi Awuku-Asare
Contributing Writer

The value assessment of the educational system across the globe has assumed a higher dimension, given the fact that many universities are springing up around the globe. The competitive demand for quality education is under no circumstance compromised. This has given rise to internal restructuring, formulation of policies, reforms and sustenance of an appreciable degree of academic integrity by public and private universities and colleges across the globe.

Much as the U.S. educational system is concerned in this purview, it is remarkable to mention that, cosmically, it is a force to reckon with. It is in the light of this that the university authorities are critical in maintaining a credible academic environment devoid of any form of mediocrity and prejudices.

One key yardstick of measuring academic excellence depends on how fair our universities conduct student assessment par the quantum of class delivery from the faculty. Academic assessment to a very large extent depends on how best the faculty employs the appropriate pedagogy in ensuring that the right level of knowledge, values and understanding are derived from the teaching - learning contract.

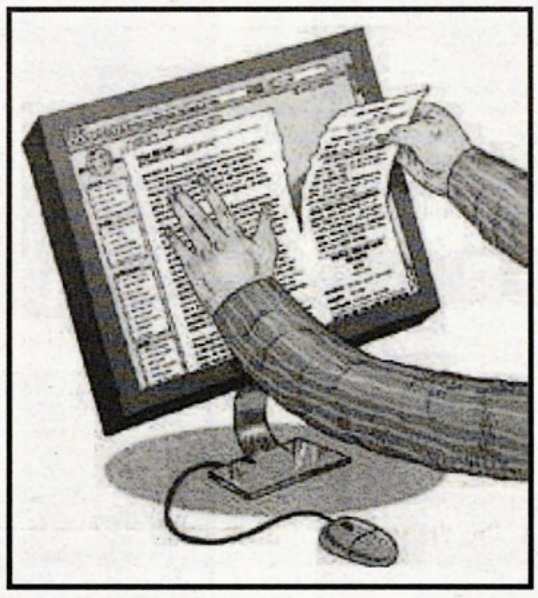
As much as the faculty make a remarkable input in the classroom delivery process, then the other aspect of the contract behooves on students to accomplish a task of learning through research, critical thinking and problem solving. It is this part that raises the substantive issue under consideration – PLAGIARISM.

What is plagiarism?

As defined by Webster's Third New International Dictionary, "To steal and pass off as one's own (the ideas or words of another) : use (a created production) without crediting the source: to commit literary theft: present as new and original an idea or product derived from an existing source."

Likewise the Random House Dictionary, Second Edition defines plagiarism as, "The unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one's own original work; something used and represented in this manner."

One key word that presents a strong case for consideration from the authoritative sources above is "STEAL". There is no compromise! Then it becomes obvious that the stealing is of ideas, thoughts, language or expression, an invention or a bonafide property of some else.



How is this replicated in our normal classroom scenario; Test – based, examination account, research and or problem solving? As your indulgence is craved, carefully ponder over these thought – provoking questions and place them in their appropriate context in this discourse.

If a candidate is able to memorize and produce, everything verbatim, information, lecture notes or summaries of texts for his or her professor, during an examination or a test, would that be tantamount to plagiarism?

If a student is presented with a theory, an authoritative propagation or an idea and same appears in one examination of a kind, using his own expression but the same idea, would that also be considered as plagiarism in the context?

What if a piece of work is produced verbatim from an original source, the source, having been fully credited as such, but the final piece presented as a new work under the new author?

With your thoughts provoked, you are invited to express a sound position on the subject matter either as a faculty, student, writer or a copyright owner without prejudice to the content of this work.

It is equally interesting how modern Information Communication Technology (ICT) enables the system to verify other people's work, particularly in academic settings, to authenticate the validity of the piece, ownership or otherwise. Notable among such electronic networks include "Turnitin", "Grammarly" to mention but a few.

With the invention of this new technology, one is keen to know to what extent, has the act of plagiarism been curbed.

Is there a universally prescribed definition of punitive measures for culprits in our universities and colleges in particular in the U.S.?

What are the legal stipulations on plagiarism in the U.S. and to what degree are they employed and applied?

It is on record, that from 1992 – 2005 alone, 162 findings of scientific misconduct were published, out of which, 8 were responsible for plagiarism alone, and 11 for plagiarism with falsification and/or fabrication of research records. The Congressionally mandated regulation 42 Code of the Federal Regulations Part 50, Subpart A, legitimizes the Office of Research Integrity (ORI) on this task.

Another area of concern, particularly to university authorities and other academic institutions of learning and the society at large is the cause of plagiarism in our schools.

Two major kinds of plagiarism are identified, namely, Purposeful Plagiarism and Accidental or Unintentional Plagiarism; but both attract negative consequences. As their names imply, the Purposeful or Intentional Plagiarism occurs from a deliberate and calculated attempts from the culprit while the Accidental plagiarizer does so without a premeditation and knowledge of its occurrence. Whichever, way it happens, the main concern is that, it is untraditional, illegal and abominable, and the university community frowns upon it vehemently.

For Dr. Heather Parker, a faculty at Saint Leo University, presenting to your students- "Plagiarism" as a complete module or a course, and taking a systematic approach to teach the module, raises enough self-awareness as a start. To her, another practical approach is to discuss the very topics given as assignment in advance, in one context. Then asking students to bring their sources of possible references should be a whole assignment on its own. She further explains awareness on plagiarism as a practical skill which ought to be learnt and carried into your career world and not solely limited to the academic setting.

"Know it and avoid it at all cost…; it is important to address it and not to ignore it", says Dr. Parker.

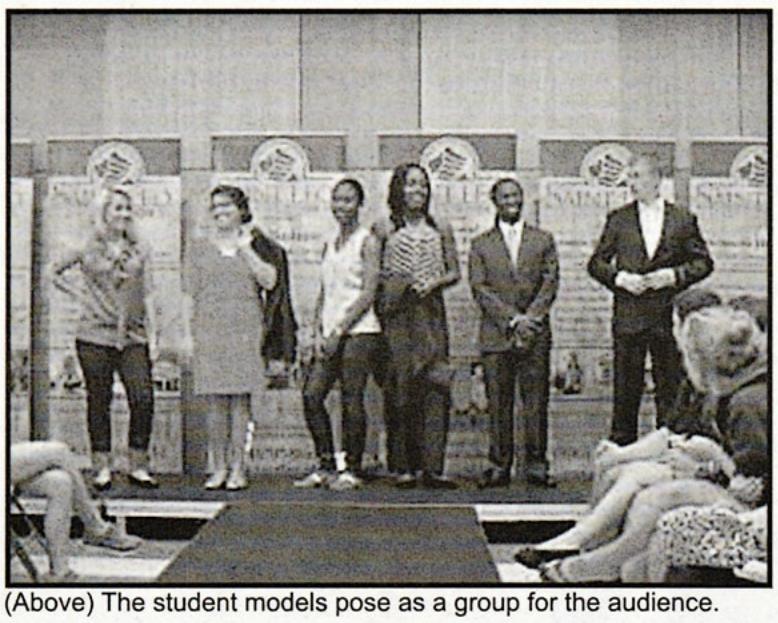
It is equally important to establish the fact, that examination malpractice which forms a major component of this canker has no single potency of dragging the academic integrity of the university of attendance of the culprits in the mud, but also, it casts a slur on the examination cheat. Often such individuals with this challenge graduate into the world of business only to become a disgrace to themselves and their establishments because of the loopholes they create by their inabilities to maintain standards and/or deliver at work.

Par it core values, Saint Leo University like any other credible university in the U.S. strives to maintain excellence, integrity and moral uprightness; it therefore leaves no stone unturned in its efforts to curb the phenomenon if not completely eradicated. But it is a clarion call, so all and sundry must be on the bandwagon!

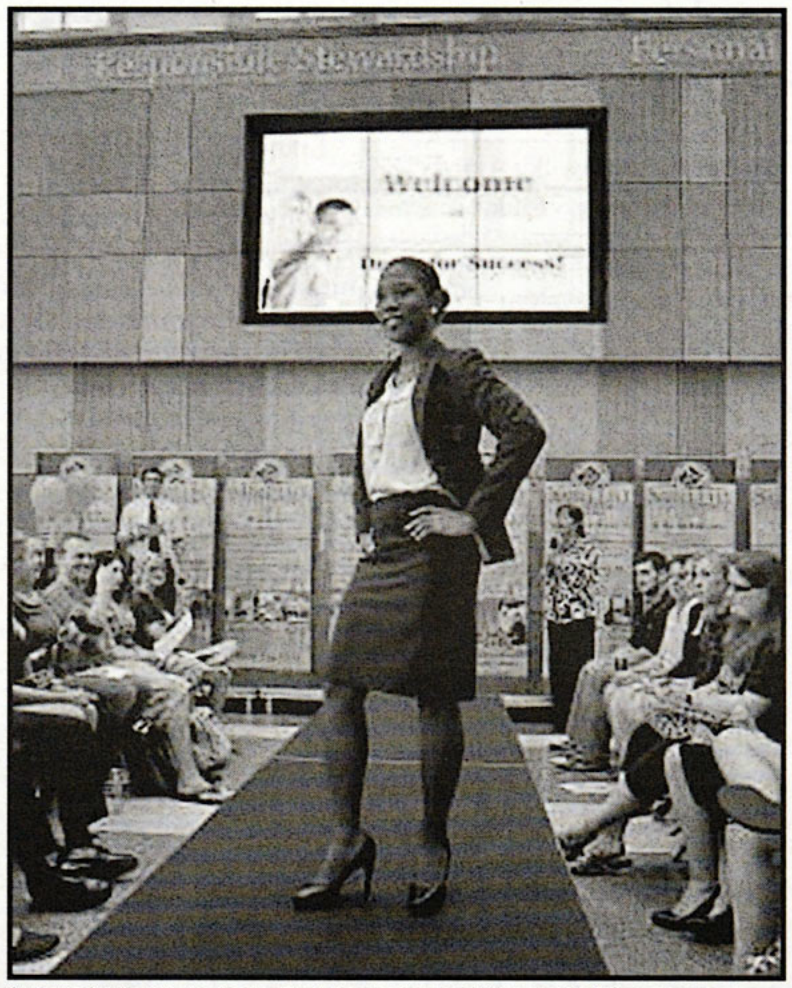
Campus News

School of Business Hosts Dress for Success Fashion Show

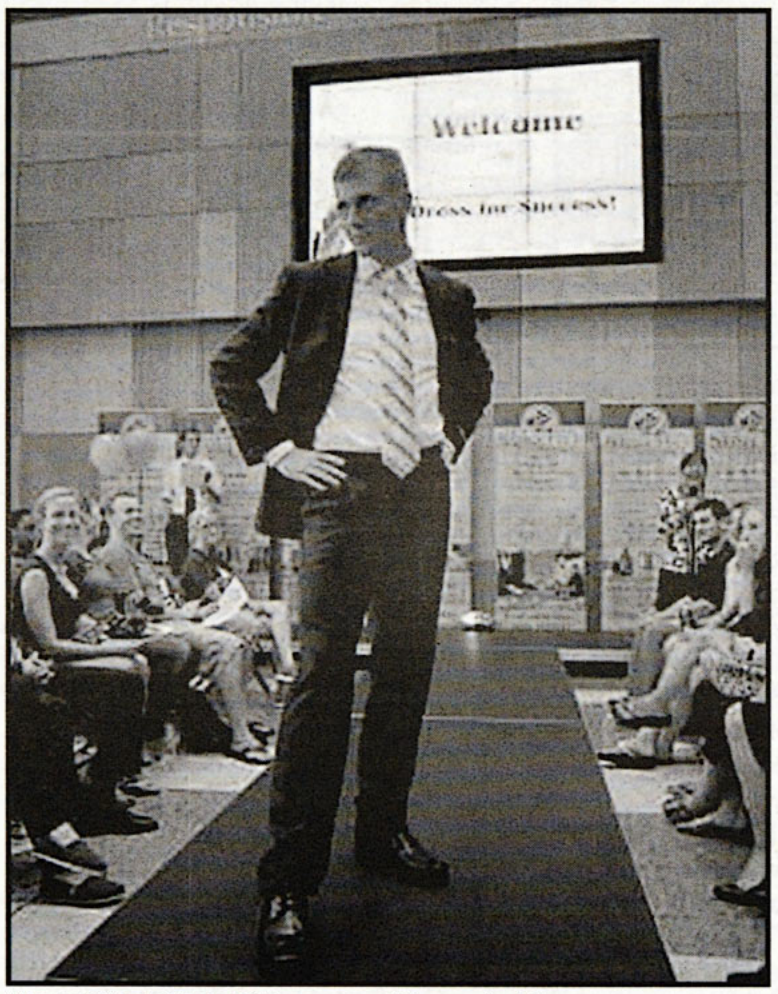
Photo Essay by Eric Bravo
Contributing Writer



(Above) The student models pose as a group for the audience.

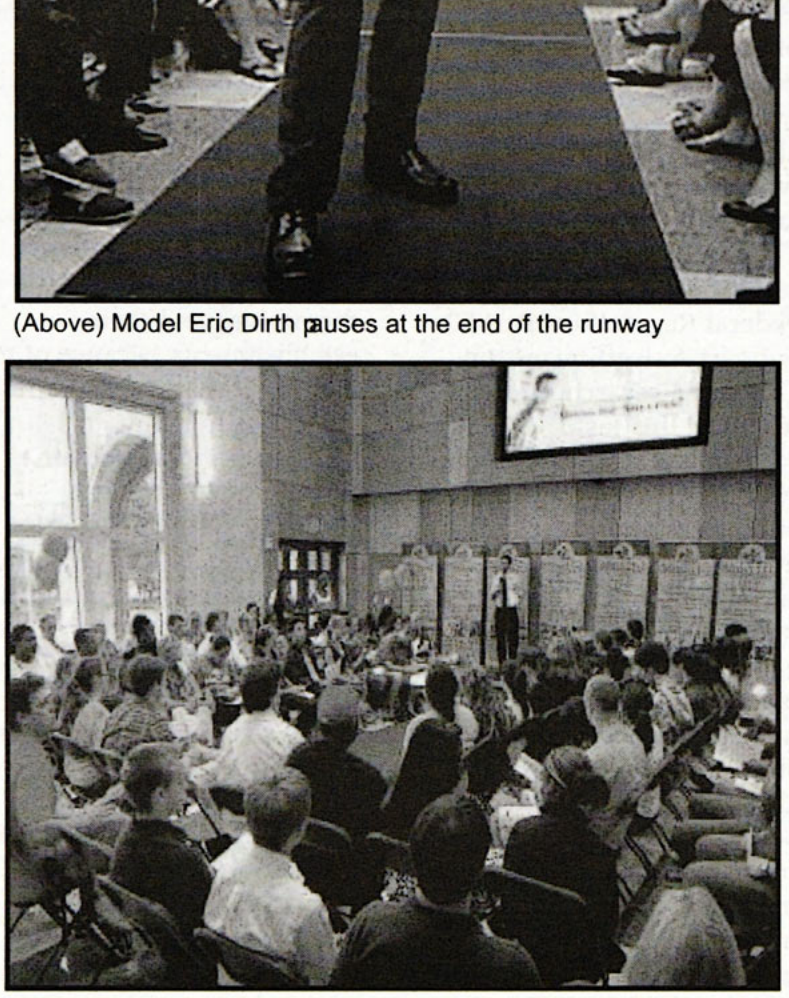


(Above) Model Jodecia Perkins pauses at the end of the runway

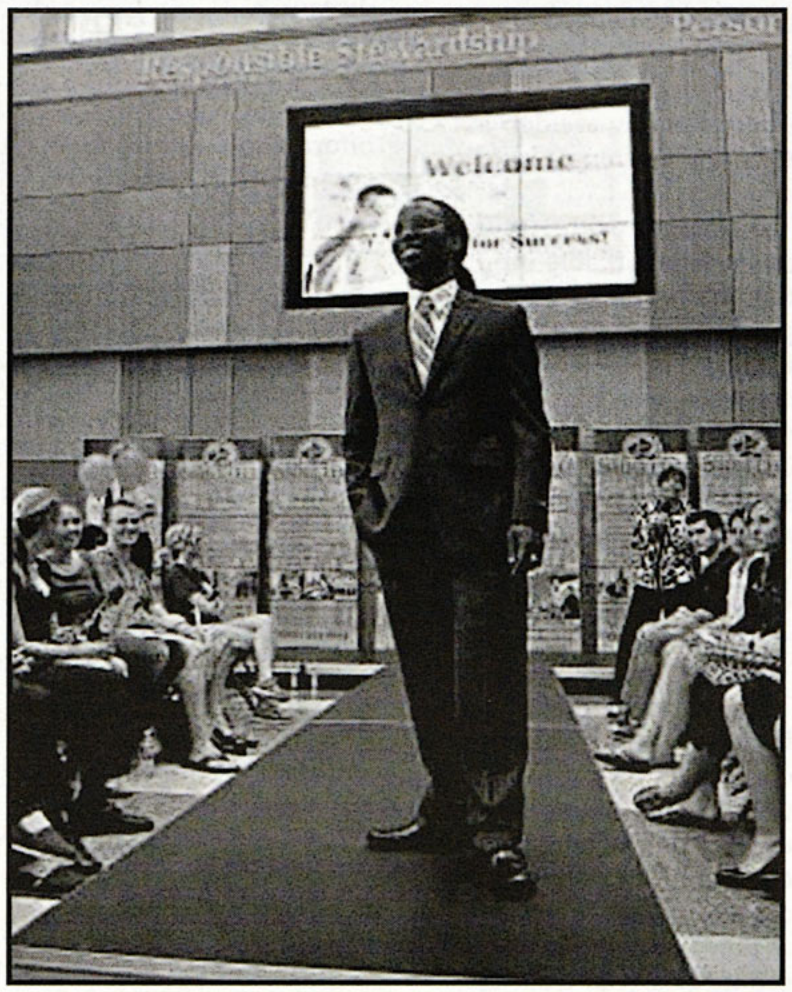


(Above) Model Eric Dirth pauses at the end of the runway

(Above)An aerial view of the fashion shows audience.



(Above) A view of the crowd as the fashion show begins.



(Above) Model DonovanAstwood poses with a smile for the camera.

Campus News

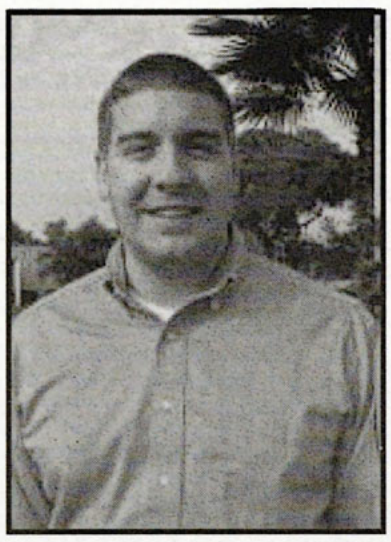
Staff Profile: Justin Yates

By Kathleen Weldon
Contributing Writer

Justin Yates is busy keeping our students busy. Advising Campus Activities Board, serving as a resource to and advise student organizations, facilitating and coordinating Student Activities programs, and developing monthly calendars and other marketing materials is all part of being Assistant Director for Student Activities.

Yates came to Saint Leo July 9th. "There was a job opening and I decided to apply and they were gracious enough to invite me and offer me the job," Said Yates.

"My first impression was that the campus is beautiful; I seriously don't understand how anyone gets work done here. I also arrived when summer construction was at its peak, so I've seen the campus change dramatically during my short time here."



"I am constantly running around. The students joke that they are always catching me as I am running from one place to another. Which is good I would far rather be busy than bored," replied Yates when asked about the hardest part of his job.

Yates is working hard every day to make sure things are running smoothly.

"This definitely requires quite a bit of multitasking getting everything done in a day that could be done in a week. But I enjoy it."

His favorite part of his job is the students of Saint Leo. "I really love the students I interact with day in and day out. I love the energy that they bring, how excited they are about the programs that they're working on and all the clubs and organizations that they are interested in. For some of the students it's not just a hobby but what they hope to do with their career."

Notice the new movie channel on 96? Justin has been working on that also.

"I do pretty much everything aside from selecting the movies. Once the content has been selected, it is my responsibility to upload all of the content and schedule the movies, advertisements, and educational pieces that are broadcasted. Admittedly, it has been a bit of a learning experience, but we are starting to find our rhythm and I have become increasingly more tech savvy as a result."

It takes a lot of work to keep everything in Student Activities going. But with a bit of multitasking and help from the students, Justin Yates can keep all the work in check just fine.

Staff Profile: Evan Ortiz

By Mike Gincel
Contributing Writer

The mysterious tall man has been revealed

Picture Courtesy of Mike Gincel

As one walks down the hallway of the Marion Bowman Activities Center or attends any home game at Saint Leo University, one figure stands tall above the rest. At 6'8", Evan Ortiz is not that hard to miss. Behind the height is a man who has passion and drive in making sure that the information on game day is being delivered to teams, media, and fans as quickly as possible.

As the current Manager of Athletic Communications and New Media, a position he has held for four years, Ortiz does a lot for Saint Leo Athletics. He is responsible for giving the statistics of each home and away game to the public and teams, as well as updating the social media networks regarding events. Being able to do all of this while in the press box during every home event and announcing is no easy feat.

Ortiz came to Saint Leo as a transfer student from Florida College during his junior year in the fall of 2000. He graduated from Saint Leo in the spring of 2004 with a degree in Business Administration, with a specialization in Management. During this time, he was introduced to the world of sports information under his mentor and boss, Mr. Walt Riddle, former Sports Information Director, who retired in 2011. Ortiz worked for Riddle as a student assistant. Ortiz was then moved up to the role of Assistant Sports Information Director in the fall of 2003 and held that role until spring 2005. Ortiz took time off and worked with a staffing company for six months.

"That was the worst job I held. I absolutely hated it," said Ortiz.

However, that soon changed. During the fall of 2005, the Saint Leo men's soccer team was on a monumental run that culminated in a Southeast Regional match against Lynn University for the championship title. He went to that game and it was a moment that changed him forever.

"Walt, my old boss, made a beeline for me when he saw me and told me that he heard of a position at Eckerd College for Sports Information Director," Ortiz said. "He recommended me for the position.

"I knew that it was a life changing moment for me and that this could affect me forever. I said yes, applied, and became the new director over there.

He was in that position from February 2006 to August 2008, when a familiar friend called him to bring him back to the Saint Leo community. Eddie Kenny, a friend of Ortiz and the then-Sports Information Director, told him that the position of Sports Information Director was opening at Saint Leo University. Kenny asked if Ortiz wanted to interview for the position. Ortiz graciously accepted and was officially named to the position on Aug. 1, 2008.

Ortiz feels that this job is one of the best he has ever had and that he loves working with his colleagues in the Department of Athletics.

"This department is amazing," Ortiz said. "I love the people in it and what they stand for. Everyone works towards the same goal: that goal is graduating student-athletes."

But that is not just all for Ortiz. One of his major passions in his work is the student athletes. As a former student athlete, Ortiz feels he relates to the hard work student athletes give to their sports.

"Seeing student-athletes work as hard as they do makes me want to work just as hard at my job. You forget that the athletes work hard on the field, it makes you want to work just as hard."

Michael Farrant, also a Manger of Athletic

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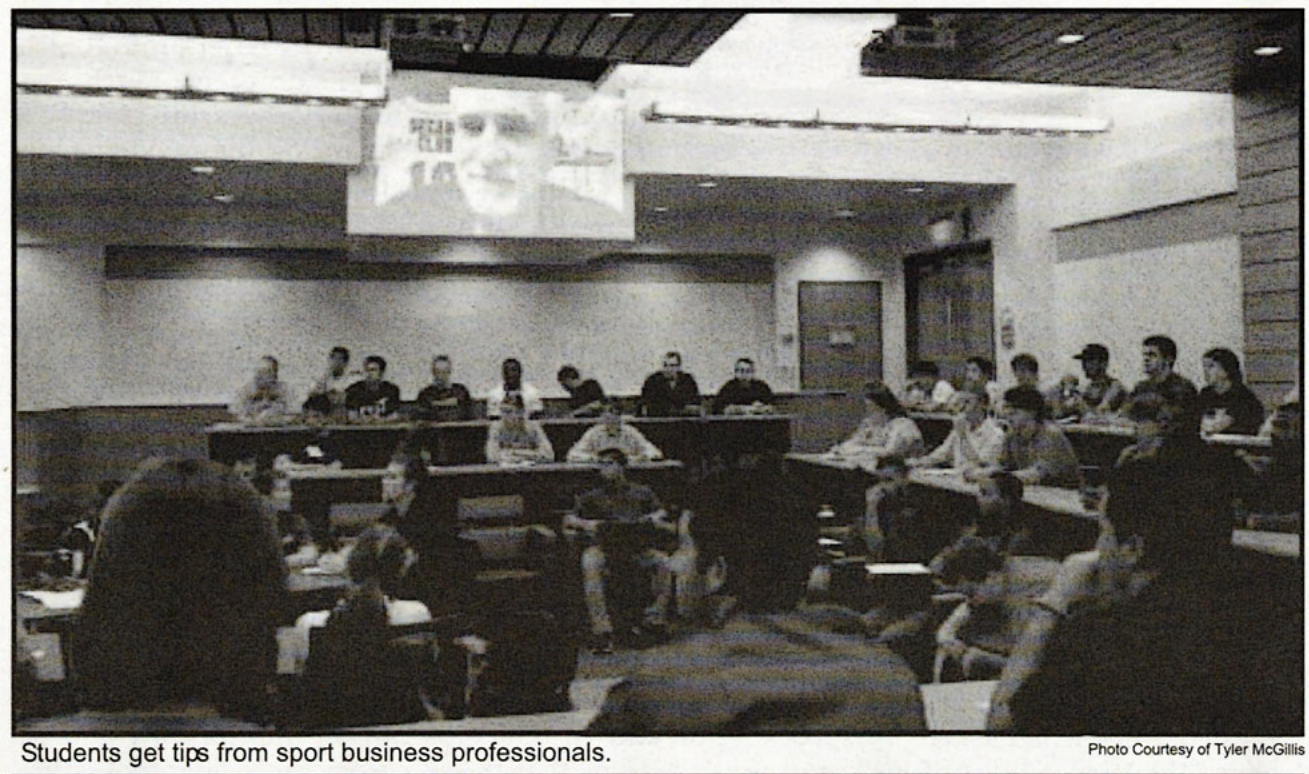
Campus News

Sport Business speaker prepares students

By Taylor McGillis
Online Editor



Students get tips from sport business professionals.

Photo Courtesy of Tyler McGillis

The Sport Business Program has partnered with the National Sports Forum to form a Sport Business Speaker Series for not only Sport Business students, but the entire Saint Leo community. The partnership will create an opportunity for all that are interested to listen and learn from some of the best professionals in the sport business world. Speakers will join the conferences either by way of video chat or live appearance in TECO Hall inside the Donald R. Tapia School of Business and will speak about their area of expertise in addition to answering any questions that students may have.

"The purpose of the National Sports Forum Sport Business Speaker Series at Saint Leo University is to bring sport business and marketing professionals to share their expertise, knowledge and experience with Saint Leo University students, faculty and staff," Associate Professor of Sport Business Eric Schwarz said.

"By bringing these professional from around the country through the video conferencing capabilities in the Donald R. Tapia School of Business, we are able to expose our students to the real world of sport business management, expand their professional networks, and better prepare them for a career in the industry."

The speaker series gives an opportunity to students trying to enter the sport business profession to hear from someone who has experience and is currently working in the industry that has become one of the largest in the world.

The Sport Business Journal reported in 2008 that the sports industry is more than a $225 billion dollar industry—far more than twice the size of the U.S. auto industry and seven times the size of the movie industry. As large as the business is, it can be incredibly difficult for college students and recent graduates to break into.

The Sport Business Speaker series provides insight into various avenues of the industry, and best practices for how to be successful.The first speaker in the series, Brian Byrnes, the Senior Vice President of Sales and Marketing for the Oklahoma City Thunder, spoke to a crowd of around a hundred students on Aug. 29 for nearly two hours.

"The speaker series gives us real life experience from a professional in the industry," said senior Sport Business student Joe Turer. "This industry is tough to break in to. So to be able to hear from someone of the caliber of Brian Byrnes, it helps you realize what you need to do as a student to be able to be prepared to work in the industry. Brian was very honest in his explanation of what he looks for in potential employees and his insight will surely help all students trying to get into the business."

As of now, there are seven more speakers slated to speak to students over the course of the remaining portion of the school year. The next scheduled speaker is Kevin Rochlitz, Senior Vice President of National Partnerships and Sales for the NFL's Baltimore Ravens. The video conference is scheduled for Sep. 24 at 6 p.m. in TECO Hall.

Weekly Security Beat

By Joe Paquette
Contributing Writer

On Campus this week there were: three incidents of alcohol violations, one incident of possession of marijuana, and one minor fender bender involving two student vehicles with no injuries.

Campus Security and Safety would like to remind everyone to purchase their parking decals if they have not done so and inform everyone that to avoid tickets, parking decals need to be affixed to the lower left side of the windshield of the vehicle. This is Saint Leo University policy.

Sergeant D'Ambrosio wants to remind all students, "to prevent thefts, please remember to lock your rooms when leaving. You should do this even when only going down the hall."

"Ortiz" from page 5

Communications, notes that Ortiz' work ethic and commitment for his job is undeniable.

"He is probably one of the most caring people I've ever met," Farrant said. "He always puts his heart and soul into everything he does."

Ortiz loves that there are more and more fans at sporting events as Saint Leo continues to grow into a bigger and better school.

"I was here when everyone thought Roderick Hall was the best place to live," he said. "Now I park my car in a parking garage and walk on a turf field that rivals any in the Southeast region. That just scratches the surface. The change is incredible."

He also believes that the students are a key asset to the University.

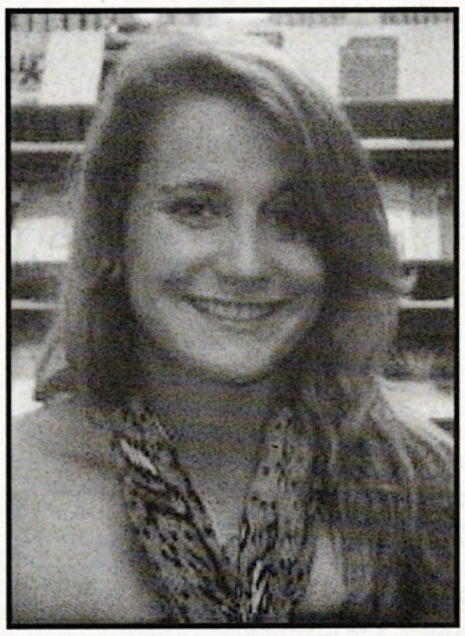
"Every single student that I have run into [seems] to represent the Saint Leo University core values: people I will be proud to call an alumni."

Not everything is serious when it comes to Ortiz and his work. He cracks a smile every time someone mentions his height. He is aware that people do know him as "the tall guy," having been tall throughout his life. He was nicknamed "Eeyore" by the women's volleyball team during his first year because of his first and last initials. And while many people enjoy the occasional cup of coffee, Ortiz takes it to the next level. He brings in a 24-ounce tumbler full of Dunkin' Donuts coffee and joked that he should invest stock in the coffee company.

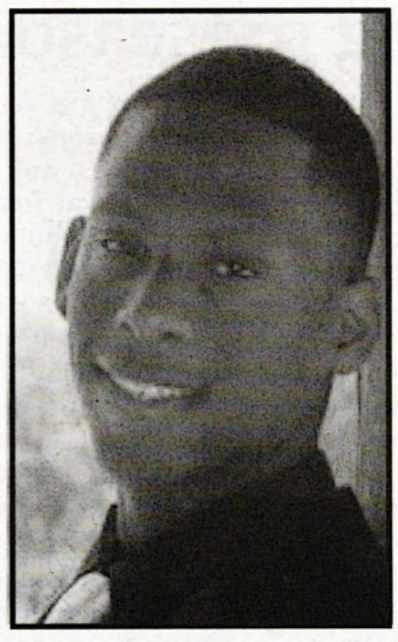
Ortiz is a man of composure, professionalism, passion, and a true spirit for the Saint Leo community. He does not just work for the coaches, student-athletes, and the Athletics Department; he works for the students and entire Saint Leo community. Ortiz' spirit and passion for his job is a reminder to all to have passion and drive in all daily activities. His office is located in DeChantal Hall, but he will not be found there often. He can be found on the field, the court, or the gym, getting the broadcast system set up for the next Saint Leo home event.

Campus News

Where is your favorite place to hang out on campus?

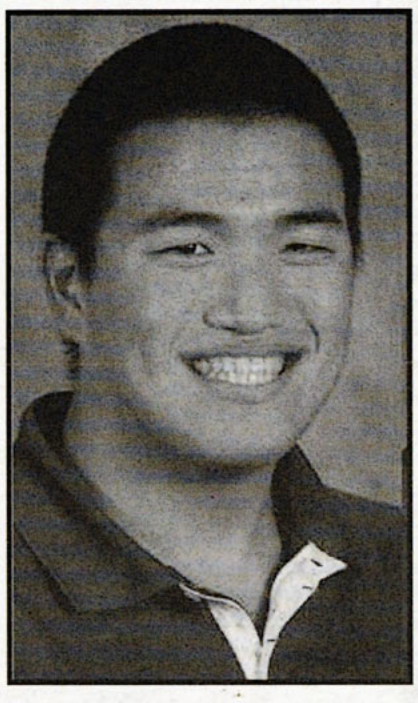


"I like to hang out in the Lions Den, because I don't have to walk anywhere."
–Allie Valera, freshman

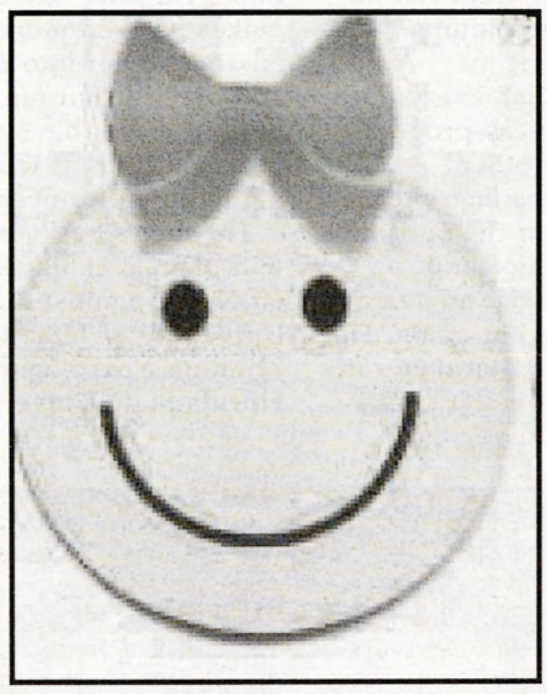


"I like to hang out in building 5, because my friends and I can play pool or arcade games, or take naps in sleep pods."
–Deon Hendricks,freshman

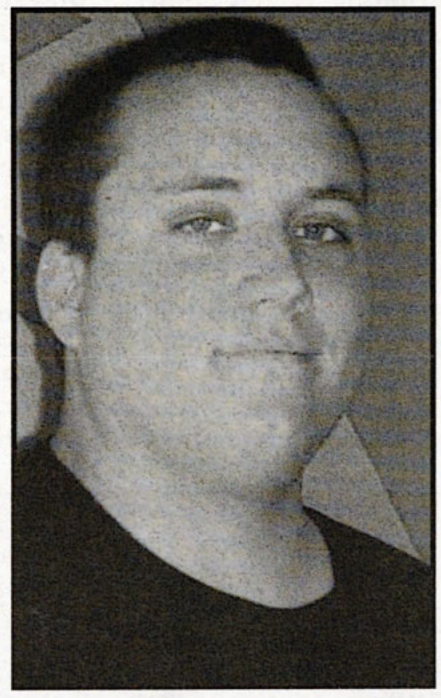
I like hanging out in the Lions Den because I know everyone there."
-Zoe Joens, freshman



"My favorite place to hang out on campus would be the Cafe because there are always friendly workers there to greet me and its a good place to do homework, hang out with friends or have a good meal."
–Ben Phelps, sophomore



" I like to hang out near the mail room because it is close to everything for me, I can go to class or to lunch or to the gym from that spot."
–Stephonya McCartney, 2nd semester senior



"I would have to say the Marion Bow man Activites Center is where I hang out the most., weither it be for games or for work, or playing intramurals. That's where you will find me."
-Will Johansen, senior

Survey by Lindsay Daughtry, Contributing Writer

WSLU relaunches yet again

By Tarah Jeannis
Contributing Writer

Gone from the airwaves for a while, WSLU returns.

WSLU Radio, 107.1FM or 1620AM, was started by Saint Leo University students in 1945 and used to carry the call letters WLEO. The station has gone through many starts and stops over the years. Despite facing these many setbacks, it once again is roaring its way to the Saint Leo student body.

In 2006, Saint Leo University students revived the radio station and also gave it the new call letters of WSLU. In 2010, Dr. Diane Monahan was appointed as the Academic Advisor for WSLU, alongside a faculty committee who supported her and the radio. The committee consists of David McGinnis and Dr. Bruce Hammond.

"The purpose of the radio station is to provide both broadcasting experience to students who are interested in gaining such experience [and] a recreational outlet for students, as well as more standard programming," said Monahan.

WSLU radio supports several majors that relate to communication.

"However, students of all majors can benefit from working with WSLU," Monahan said.

On previous shows, WSLU has presented many topics such as music, sports commentary, Catholic devotionals, old time radio shows, NPR news at the top of the hour, and a variety of other programs. WSLU's main goal is to be a thread that connects the student body.

"It is our hope to revitalize the radio so that we have radio streaming in key areas on campus, such as the bookstore and social areas," said Monahan

Beside recreation, Saint Leo students can use the station as a way to enhance their educational experience. For example, Education majors can prepare a lesson plan and create a radio show for the local elementary schools or even local children and teens that are in homeschooling curricula. These lessons can contain vocabulary help or even weekly history lessons to keep the youth involved and motivated to learn. Biology majors can use WSLU as a source to inform fellow students and the surrounding community with environmental reports.

"I invite all students to come and create! Let the community hear your message," Monahan said.

WSLU is an educational and cultivating experience that allows students of all majors to experience interacting with Saint Leo students and the community. WSLU Radio airs 24 hours a day and seven days a week.

Sports

Men's basketball prepares for new season with grueling preseason

By Cheyenne Johnson
Contributing Writer

With fall approaching, Saint Leo University students know what to expect: the start of the men's basketball season is right around the corner.

The athletes are currently undergoing preseason workouts, and it is no walk in the park. Most of the week consists of working out and getting ready for the upcoming season.

"The athletes spend three days a week for weight training," Saint Leo University Strength and Conditioning Coach Stuart Hart said. "They do pool workouts with Paul Mangen, the swim coach, they have core workouts every Wednesday morning, and on Fridays they have what is called flexibility regeneration with the yoga instructor. Not to mention conditioning twice a week with their own coaching staff."

"I would say preseason is going really well," said Dominick Robinson, senior guard on the men's basketball team. "All the guys are excited to be back, especially since we have everyone returning; plus the new freshmen."

"Coach Hart has been a big help with his workouts. We definitely can see the results from them."

"We are mostly focusing on being explosive," Hart said. "The athletes achieve this by doing lower body squats, box jumps, and hurdle jumps. All of the athletes are responding really well. Most can do the 42-inch box jumps, and two players on the team can do the 50-inch box jumps. Not to mention that the programs switch every four weeks, and every program builds on the other."

Last year, the men's team placed third in the Sunshine State Conference and managed to score an average of 64.9 points per game. The players are hoping they can perform even better this season.

"We have very high expectations; not only for ourselves, but from the league, our fans, and our faculty," Robinson said. "Because of this we have been working really hard. The workouts are tough, but we enjoy it because we need to put in the hard work to be able to match the year we had last year."

"I think the team is going to do very big things this year. Everyone is on the same page and, with five seniors, we are all ready to lead the team to a conference championship and the NCAA tournament. We are excited to have a new gym floor, which makes us even more anxious to get into the gym and play for our fans. We definitely will have a great year and if not it will be a big letdown for everyone."

The men's basketball team will play an exhibition game on Nov. 2 against the University of Miami and again on Nov. 5 against Florida State University.

Photo by Mike Carlson

Senior Dominick Robinson, #11, hopes to play in another postseason tournament this year

Latest Scores (as of Sep. 24)

Men's Soccer
Saturday, Sep. 22
@ Florida Tech
1-0 Loss
Next: @ Palm Beach Atlantic
Saturday, Sep. 29
2:00 p.m.

Women's Soccer
Saturday, Sep. 22
@ Florida Tech
0-0 Draw
Next: @ Florida Southern
Wednesday, Oct. 3
5:00 p.m.

Volleyball
Saturday, Sep. 22
Lynn
3-1 Loss
Next: @ Eckerd
Friday, Sep. 28
7:00 p.m.

Cross Country
Next: Saint Leo Invitational
@ The Abbey Golf Course
Saturday, Sep. 29
Women's: 7:30 a.m.
Men's: 8:15 a.m.

Men's Golf
Next: AFLAC Cougar Invitational
@ Columbus State
Monday-Tuesday, Oct. 1-2

Women's Golf
Next: 13th Annual Myrtle Beach Intercollegiate
@ Sea Trail Golf Club, North Mytrle Beach
Monday-Tuesday, Oct. 1-2

Men's Tennis
Next: ITA Regional Tournament
@ Lakeland, Fla. (Florida Southern)
Thursday-Sunday, Sep. 27-30

Women's Tennis
Next: ITA Regional Tournament
@ Lakeland, Fla. (Florida Southern)
Thursday-Sunday, Sep. 27-30

University of South Florida
Football
Saturday, Sep. 22
@ Ball State
31-27 Loss
Next: Florida State
Saturday, Sep. 29
6:00 p.m.

Tampa Bay Buccaneers
Sunday, Sep. 23
@ Dallas Cowboys
16-10 Loss
Next: Washington Redskins
Sunday, Sep. 30
4:25 p.m.